

Parkinson's disease, "...is characterized by three principle symptoms: muscular rigidity, akinesia (loss of power for voluntary movement), and tremor, and is due in part to the fact that the brain does not produce sufficient dopamine, a substance that intervenes in the transmission of nerve impulses between the neurons." [Encyclopedia of Foods and Their Healing Power; Volume 2; page 37 – George D. Pamplona-Roger, M.D.]

"The **only hope** of better things is in the education of the people in right principles. Let physicians teach the people that **restorative power is not in drugs, but in nature. Disease is** an effort of nature to free the system from conditions that result from a violation of the laws of health. In case of sickness, the cause should be ascertained. **Unhealthful conditions should be changed, wrong habits corrected.** Then **nature is to be assisted in her effort to** expel impurities and to re-establish right conditions in the system." [The Ministry of Healing, Page 127; Ellen G. White; also Temperance, Page 85; also Counsels on Health, Page 90]

"... Hear me, O Judah, and ye inhabitants of Jerusalem; **Believe in the LORD your God,** so shall ye be established; **believe his prophets,** so shall ye prosper." 2 Chronicles 20:20

Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 1; page 144 – George D. Pamplona-Roger, M.D.

[1] Evening Primrose [Oenothera biennis L.] ["Helps balance the Nervous system and the hormonal system. [Take as] Capsules [cold-pressed] or pills of the **seed** oil."; "The oil of the evening primrose is very rich in Linoleic Acid, an essential factor in the development and correct functioning of the neurons. Its use is a fine complement to the specific treatment of the organic diseases of the nervous system, such as Parkinson's Disease and Multiple Sclerosis."] - **2-4 grams daily, it is "... very rich in polyunsaturated fatty essential acids, the most outstanding of which are Linoleic Acid (71.5%) and Linolenic Acid (7-10%), whose other chemical exact names are respectively cis-linoleic acid and gamma-linolenic acid. ..."** [Helpful Herbs from the Encyclopedia of Medicinal Plants Volume 1; page 237]

Encyclopedia of Foods and Their Healing Power; Volume 2; page 37 – George D. Pamplona-Roger, M.D.

For Parkinson's Disease, Greatly **Reduce or Eliminate** -

[1] Saturated Fat [this worsens Parkinson's disease, animal fats, eliminate meat/animal products/byproducts, including dairy, cheese, eggs, etc especially those which belong to the unclean category [including ceasing from eating fat and blood of any animals] as given in the Scriptures, The Holy Bible, for mankind and all animals were originally created to eat fruits, grains and nuts [Genesis 1:29-30].]

- [A] Leviticus 11:1-47
- [B] Deuteronomy 14:1-21
- [C] Genesis 9:4
- [D] Leviticus 3:17, 7:23,24, 17:12,14, 19:26
- [E] Deuteronomy 12:16,23,24,25, 15:23
- [F] 1 Samuel 14:34
- [G] Isaiah 66:17
- [H] Acts 10:14, 11:8

[I] Acts 15:20,29, 21:25
[J] Revelation 16:13, 18:2

[2] White Sugar [and processed/man-made sugars/sweeteners [Aspartame, High Fructose Corn-syrup, High-maltose Corn Syrups, Acesulfame Potassium, Neotame, Saccharin (Sweet'N Low), Sorbitol and Mannitol, Sucralose (Splenda), Xylitol, etc]] – instead use Honey, Molasses, Maple Syrup, etc.

“... Sugar clogs the system. It hinders the working of the living machine. ...”
[Testimony Studies on Diet and Foods, Page 121; Ellen. G. White]

“... Far too much sugar is ordinarily used in food. Cakes, sweet puddings, pastries, jellies, jams, are active causes of indigestion. Especially harmful are the custards and puddings in which milk, eggs and sugar are the chief ingredients. The free use of milk and sugar taken together should be avoided. ...” [Testimony Studies on Diet and Foods, Page 17; Ellen. G. White]

“... The free use of sugar in any form tends to clog the system, and is not unfrequently a cause of disease. ...” [Testimony Studies on Diet and Foods, Page 43; Ellen. G. White]

“... I frequently sit down to the tables of the brethren and sisters, and see that they use a great amount of milk and sugar. These clog the system, irritate the digestive organs, and affect the brain. Anything that hinders the active motion of the living machinery, affects the brain very directly. And from the light given me, sugar, when largely used, is more injurious than meat. ...” [Testimony Studies on Diet and Foods, Page 121; Ellen. G. White]

“... Mrs. White thinks that a change from the simplest kinds of flesh meats, to an abundant use of sugar, is going from “bad to worse.” ...” [Counsels on Diets and Foods, Page 497; Ellen G. White]

“The Sweet Paralysis

But there is one thing that can get these warriors down [Phagocytes] — Sugar!

While most of us have been told since childhood that if we eat a lot of sweets we are more likely to get sick, we now understand more clearly why this is true. Eating a candy bar or drinking a soda is enough to paralyze every neutrophil in our blood.

Their rate of phagocytosis goes from about 7 to 14 microbes per hour down to essentially zero. They cannot identify the enemy with all of that sugar coating them. Their natural ability to recognize the enemy and destroy him has been knocked out.

This effect will last for about three hours after a dose of sugar. So if you have a sweet roll or sugar - coated cereal for breakfast and a soda after lunch and dessert with your supper, you have just paralyzed your soldiers for most of the day. And then if you have snacks full of sugar in addition to that, you are really severely

vulnerable to getting an infection.

God has created you with a powerful army of warriors to protect you from a world full of microbes. The warfare is truly a life or death struggle for you and your phagocytes. Don't paralyze your army when there is a battle to be won. Over a hundred years ago God sent us warnings in regard to this:

"I am opposed to the use of pastries. These mixtures are unhealthful; no one can have good digestive powers and a clear brain who will eat largely of sweet cookies and cream cake and all kinds of pies ... When we do this, and then take cold, the whole system is so clogged and enfeebled that it has no power of resistance, no strength to combat disease. I would prefer a meat diet to the sweet cakes and pastries so generally used." Counsels on Diet and Foods, p. 334

"It is better to let sweet things alone. Let alone those sweet dessert dishes that are placed on the table. You do not need them. You want a clear mind to think after God's order. We should now come into line with health reform principles." Counsels on Diet and Foods, p. 335" [Milton Teske, M.D.] - <http://secretsunsealed.org/Downloads/newsletter1Q12web.pdf>

See Also the many articles at Amazing Discoveries, by Dr. Walter Veith - http://amazingdiscoveries.org/H-deception-health-refined_sugar_calcium_insulin

[3] Stimulant Beverages [Caffeine [and DeCaf [has small amount of Caffeine in it]], Alcohol [Wine, Beer, Spirits, Liquors, etc - the Bible all forbids its consumption; **Proverbs 20:1, 31:1-5; Habakkuk 2:15**, etc], Cocoa/Chocolate [has Caffeine and Theobromine], Sodas/Pop, Power Drinks [Monster, Rockstar, Bawls, etc], various Green/Black Teas [high level toxins, use Herbal teas instead] and carbonation]

Replace Cocoa/Chocolate with Carob.

See the many articles at Amazing Discoveries, by Dr. Walter Veith - http://amazingdiscoveries.org/H-deception_health_food_disease_Ellen-White

<http://www.foodforthebrain.org/nutrition-solutions/parkinsons-disease/about-parkinsons-disease.aspx>

[4] Homocystein ["Homocysteine is an amino acid which is toxic if elevated, and some studies have found that it is elevated in people with Parkinson's. At this stage it isn't known whether higher levels of homocysteine contribute to the development of Parkinson's or whether the Parkinson's (or Parkinson's medications) contributes to higher levels of homocysteine, or both. Either way, reducing homocysteine to a healthy level is a good idea. The nutrients needed to reduce homocysteine include **follic acid**, **vitamins B12** [Nutritional Yeast] and **B6, zinc** and **tri-methyl-glycine (TMG)**. Some of these nutrients are co-factors for dopamine production too."]

[A] Folic Acid: See Foliates Below in Increase **[7]**.

[B] Vitamin B12: [Nutritional Yeast, Supplement]

[C] Vitamin B6:

[A]	Canned Asparagus	0.110 mg
[B]	Watermelon	0.144 mg
[C]	Raisin	0.188 mg
[D]	Date	0.192 mg
[E]	Cauliflower	0.192 mg
[F]	Leek	0.222 mg
[G]	Sweet Red Pepper	0.248 mg
[H]	Potato	0.260 mg
[I]	Wheat	0.272 mg
[J]	Avocado	0.500 mg
[K]	Whole-grain Rice	0.509 mg
[L]	Chickpea	0.535 mg
[M]	Banana	0.578 mg
[N]	Blackstrap Molasses	0.700 mg
[O]	Sesame	0.790 mg
[P]	Garlic	1.24 mg
[Q]	Wheat Germ	1.30 mg
[R]	Bran	1.30 mg

[D] Zinc:

[A]	Potato	0.390 mg
[B]	Asparagus	0.460 mg
[C]	Spinach	0.530 mg
[D]	Alfalfa Sprouts	0.920 mg
[E]	Blackstrap Molasses	1.00 mg
[F]	Whole-grain Rice	2.02 mg
[G]	Popcorn with Oil	2.64 mg
[H]	Mung Bean	2.68 mg
[I]	Salted Peanut Butter	2.78 mg
[J]	Oats	3.97 mg
[K]	Pine Nut	4.28 mg
[L]	Brazil Nut	4.59 mg
[M]	Soybean	4.89 mg
[N]	Cashew	5.60 mg
[O]	Maple Sugar	6.06 mg
[P]	Sesame	7.75 mg
[Q]	Wheat Germ	12.3 mg

[E] Tri-Methyl-Glycine (TMG): - <http://en.wikipedia.org/wiki/Trimethylglycine>

[A]	Beet	256 mg [TMG per 100 g]
[B]	Wheat Bran	360 mg
[C]	Spinach	577 mg
[D]	Quinoa	630 mg

[5] Toxic Load [Internal: remove all heavy metals [Aluminum, Mercury, etc], excess fat[s], bad cholesterol [LDL], detritus in the colon, glands, etc and then also External: makeup, soaps,

conditioners, deodorants which are full of heavy metals, and things which clog pores, and seep into the skin, cease from tattoos, piercings, and remove/replace all amalgam fillings and metals in the Mouth/Dental work immediately [causes cancers and all manner of disease/sickness], cease from smoking, or breathing in second-hand smoke from cigars, cigarettes, air pollution, etc. Have air filters, water filters and do not eat GMO [Genetically Modified Foods] and pesticides [wash foods thoroughly even if organic]. Also may be needed is a parasite, lymph, liver, etc or mycotoxin cleanse, which may be putting toxins into the system by its elimination of waste.]

See also Bible Prophecy & The Standard American Diet [S.A.D.] - <http://www.youtube.com/watch?v=3FsaGiEar0Y>

Extra:

[6] Stress, Worry, Anxiety, Fear [these things are debilitating and draining upon the system, have Faith and Pray unto God always. Read the Word of God daily, for Faith cometh by Hearing, and Hearing by the Word of God, and listen to that positive Sanctified music., for it affects brain chemical releases.]

[Other 'toxins' can come from noise pollution, affecting chemical releases, through unhealthy & negative **Music/Vibrations** [Rock, Rap, R&B, Techno, Punk, worldly music, etc], instead change to positive, ennobling, enlightening Music, Hymns, and Psalms and Spiritual Songs **[Ephesians 5:9; Colossians 3:16] as they help the brain and whole being, especially in release of brain chemicals**, recommended **Fountainview Academy Choir/Orchestra, Christian Berdahl [Shepherd's Call]**, etc - http://www.pearltrees.com/#/N-s=1_1593643&N-reveal=5&N-u=1_149548&N-p=11240512&N-f=1_1593643&N-fa=1582267 or **Classical Period type Music** - http://www.pearltrees.com/#/N-u=1_149548&N-p=106988353&N-s=1_10977378&N-f=1_10977378&N-fa=1582267 , though not all such is beneficial, though much is, like **Handel's Water Music** - <http://www.youtube.com/watch?v=Kuw8YjSbKd4> or **Vivaldi's Four Seasons** - <http://www.youtube.com/watch?v=GRxofEmo3HA>]

[7] Snacking inbetween the 2 [or 3] Main Meals [Snacking, Grazing, etc does not let the system rest. Instead of snacking, increase pure water intake inbetween meals, and do not drink during meals, wait minimum 1 hr after eating. Breakfast should be the heartiest, Lunch the next and if a Dinner, make it the lightest meal, for ease of digestion, into rest, makes for better sleep.]

[8] Sin [cease from sin, which is Transgression of God's Law, The Ten Commandments, which includes the laws of Health, and so Repent, Confess the Sin unto God the Father in specifics, and cease then from that sin altogether by Christ Jesus and the power of the Holy Spirit]

Meats for the belly, and the belly for meats: but God shall destroy both it and them. Now the body *is* not for fornication, but for the Lord; and the Lord for the body. 1 Corinthians 6:13

Whose end *is* destruction, whose God *is* *their* belly, and *whose* glory *is* in their shame, who mind earthly things.) Philippians 3:19

Be not deceived; God is not mocked: for whatsoever a man soweth, that shall he also reap. Galatians 6:7

Say unto them, *As I live*, saith the Lord GOD, I have no pleasure in the death of the wicked; but that the wicked turn from his way and live: turn ye, turn ye from your evil ways; for why will ye die, O house of Israel? Ezekiel 33:11

For Parkinson's Disease, **Increase** and **make a regular part of diet** with every meal -

[1] Whole Grains ["These provide B group vitamins necessary for the nervous system, and Fiber to avoid the constipation that it tends to produce"]

[2] Fruit ["These provide antioxidant vitamins and minerals..."]

[3] Vegetables ["A study carried out at the Magdeburg School of Medicine (Germany) shows that the greater consumption of fruits and vegetables, particularly raw, the lower the risk of contracting Parkinson's disease."]

Raw organic will be beneficial, salads, etc., Oils [and/or lemon juice] can then be used as dressings, made from the oils below. Salads are also good for roughage/fiber and can be eaten just before a main meal or as a meal, and mix with various seeds [sunflower, etc] or various vegetables [carrots, onions [green, red, white], spinach, cabbage, broccoli, avocado, celery, snappeas etc].

Light and Heat [cooking] degrade vitamins in vegetables, and minerals are dissolved in water, and thus seep out in the liquid used to boil/cook, which is why a lot of food tastes bland, and then is further injured by a great amount of salt [sea-salt is better than regular table salt].

High in Fiber, helps in reduction of Diabetes II.

Fava Beans are High in L-Dopa [Levodopa], but be careful, as there is still need of further testing on this, as various beans have various levels. -

http://en.wikipedia.org/wiki/Vicia_faba

<http://www.scienzavegetariana.it/nutrizione/favabeans.html>

[4] Oils ["Seed oils rich in Linoleic acid (such as sunflower, grapeseed, and olive seed, and corn) are recommended"]

[A] Legumes [soy, peanut]

[B] Grains [the germ of Corn and Wheat]

[C] Nuts [Walnuts, Almonds, Hazlenut & Coconut]

[D] Other Seeds [Sunflower, Grape, Sesame, Canola/Rapeseed, Safflower, Palm, Cottonseed, Sunflower, Poppy, Pumpkin/Squash]

[E] Olive Oil [cold-pressed, virgin, do not heavily fry, combine with Sesame oil, excellent]

[F] Avocado Oil

Quoted from: Encyclopedia of Foods and Their Healing Power; Volume 1; page 112-127– George D. Pamplona-Roger, M.D.

[5] Vitamin B1 [“Vitamin B1 supplements can help avoid reduction of Dopamine production. Foods rich in Vitamin B1 such as oil-bearing nuts and whole grains are also beneficial.”]

[A]	White Rice	0.070 mg
[B]	Avocado	0.108 mg
[C]	White Wheat Flour	0.120 mg
[D]	Chestnut	0.238 mg
[E]	Peas	0.266 mg
[F]	Whole-grain Rice	0.413 mg
[G]	Whole-grain Flour	0.447 mg
[H]	Chickpea	0.477 mg
[I]	Oats	0.763 mg
[J]	Sesame	0.791 mg
[K]	Pecan	0.848 mg
[L]	Soybean	0.874 mg
[M]	Brazil Nut	1.00 mg
[N]	Pine Nut	1.24 mg
[O]	Wheat Germ	1.88 mg
[P]	Sunflower Seeds	2.29 mg

Bread baking causes a 15% to 20% loss of vitamin B1; cooking vegetables or grains, 25%

Quoted from: Encyclopedia of Foods and Their Healing Power; Volume 1; page 390– George D. Pamplona-Roger, M.D.

[6] Vitamin E [“Deficiency of this vitamin during childhood and adolescence is thought to increase risk of Parkinson's in later years. Nuts and seed oils are the best sources.”]

[A]	Canned Asparagus	0.430 mg α -TE [1 mg α -TE = 1.5 IU]
[B]	Grape	0.700 mg α -TE
[C]	Tamarind	0.700 mg α -TE
[D]	Fig	0.890 mg α -TE
[E]	Guava	1.12 mg α -TE
[F]	Mango	1.12 mg α -TE
[G]	Broccoli	1.66 mg α -TE
[H]	Rye	1.87 mg α -TE
[I]	Spinach	1.89 mg α -TE
[J]	Sesame	2.27 mg α -TE
[K]	Avocado	2.30 mg α -TE
[L]	Olive	3.00 mg α -TE
[M]	Brazil Nut	7.60 mg α -TE
[N]	Peanut	9.13 mg α -TE
[O]	Olive Oil	12.4 mg α -TE
[P]	Wheat Germ	13.5 mg α -TE
[Q]	Hazelnut	23.9 mg α -TE
[R]	Almond	24.0 mg α -TE
[S]	Sunflower Seeds	50.3 mg α -TE

[T]	Sunflower Oil	50.6 mg α -TE
[U]	Wheat Germ Oil	192 mg α -TE

Refined grains lose up to 80%; roasted nuts, 80%; frying the oil, from 32% to 75%; in preserves, from 41% to 65%.

Quoted from: Encyclopedia of Foods and Their Healing Power; Volume 1; page 397– George D. Pamplona-Roger, M.D.

[7] Folates [“Folate deficiency can accelerate the disease. Legumes and green leafy vegetables are the best sources.”]

[A]	Strawberry	17.7 μ g [micrograms; 1mg = 1,000 μ g]
[B]	Orange	30.3 μ g
[C]	Feijoa	38.0 μ g
[D]	Whole-grain Bread	50.0 μ g
[E]	Peas	65.0 μ g
[F]	Walnut	66.0 μ g
[G]	Artichoke	68.0 μ g
[H]	Okra	87.8 μ g
[I]	Red Beet	109 μ g
[J]	Asparagus	128 μ g
[K]	Lettuce	136 μ g
[L]	Endive	142 μ g
[M]	Kelp	180 μ g
[N]	Spinach	194 μ g
[O]	Wheat Germ	281 μ g
[P]	Lentil	433 μ g
[Q]	Chickpea	557 μ g
[R]	Adzuki	622 μ g
[S]	Mung Bean	625 μ g

Folates: 50%-95% are lost in cooking or canning, organic raw, fresh is best.

Folates: 50%-70% are lost in room temperature, but refrigerated little is lost.

Quoted from: Encyclopedia of Foods and Their Healing Power; Volume 1; page 394 – George D. Pamplona-Roger, M.D.

[8] Niacin [“The pharmaceutical preparation L-Dopa, which is the **drug** most commonly prescribed for Parkinson's patients can cause Niacin deficiencies. [actually increases the rapidity of the degenerativeness of the disease in older people] The B group vitamin factor is necessary for neuron metabolism. Whole grains, oil-bearing nuts, and peanuts are the best vegetable sources of Niacin.”]

[A]	Peach	1.02 mgNE [milligrams of Niacin Equivalents]
[B]	Artichoke	1.05 mgNE
[C]	Cherimoya	1.30 mgNE
[D]	Asparagus	1.54 mgNE
[E]	Potato	2.02 mgNE

[F]	Sweet Corn	2.08 mgNE
[G]	Avocado	2.27 mgNE
[H]	Tofu	2.30 mgNE
[I]	White Rice	2.88 mgNE
[J]	Date	3.03 mgNE
[K]	English Walnut	4.19 mgNE
[L]	Whole-grain Rice	5.91 mgNE
[M]	Whole-grain Bread	6.17 mgNE
[N]	Almond	9.33 mgNE
[O]	Buckwheat	10.2 mgNE
[P]	Sesame	11.0 mgNE
[Q]	Wheat Germ	12.1 mgNE
[R]	Peanut Butter	17.6 mgNE
[S]	Bran	18.3 mgNE

Quoted from Encyclopedia of Foods and Their Healing Power; Volume 1; page 392
– George D. Pamplona-Roger, M.D.

<http://www.foodforthebrain.org/nutrition-solutions/parkinsons-disease/about-parkinsons-disease.aspx>

[9] Omega-3 fats [“The omega-3’s are anti-inflammatory which may be beneficial as neuro-inflammation is a feature of Parkinson’s. Mood problems are also a common feature and there has been a lot of research into the mood-boosting properties of the omega-3 essential fats. A small placebo-controlled pilot trial reported significantly greater improvement of depression in Parkinson’s patients treated with omega-3 fatty-acid supplementation versus placebo. ...”]

- [A] **Flax** [seed, Whole/Ground and/or oil] **Highest Omega-3**
- [B] **Chia Seeds**
- [C] **Walnut**
- [D] **Soy**
- [E] **Pumpkin Seed**
- [F] **Canola (Rapeseed) Oil**

[10] Vitamin D [“Vitamin D is a hot topic for research since it was discovered that we have receptors for this vitamin in the brain, and that it enhances brain-derived neurotrophic factor (BDNF – think of this as akin to a growth hormone for neurons), and is anti-inflammatory. This nutrient is mainly provided by the action of sunlight on the skin.

In a small pilot study, bright light therapy was found to be superior to placebo (less bright light) in Parkinson’s patients. Since vitamin D deficiency is increasingly likely as we get older (and it has a number of implications for health), it makes sense to ensure you have a good level.”]

- [A] **Sunshine** **Before 10 AM or after 3 PM, roughly 30 Min – 1 Hr**

[1] Magnesium [“Magnesium is a mineral that acts as a natural relaxant. Some indications of deficiency are: muscle tremors or spasm, muscle weakness, insomnia or nervousness, high blood pressure, irregular heartbeat, constipation, hyperactivity, depression. Magnesium’s role in supporting good sleep may also be quite important here, since many people with Parkinson’s experience poor sleep patterns.

Research on any link between magnesium and Parkinson's is lacking, however patients at the Brain Bio Center are routinely tested and found to be magnesium deficient. Given its role as a relaxant it is certainly worthy of consideration to reduce spasms and anxiety, and improve sleep.”]

[A]	Orange	10.0 mg
[B]	Potato	21.0 mg
[C]	Kiwi	30.0 mg
[D]	Date	35.0 mg
[E]	Artichoke	60.0 mg
[F]	Spinach	79.0 mg
[G]	Tofu	103 mg
[H]	Kelp	121 mg
[I]	Whole-wheat Flour	138 mg
[J]	White Bean	190 mg
[K]	Buckwheat	231 mg
[L]	Wheat Germ	239 mg
[M]	Molasses	242 mg
[N]	Cashew	260 mg
[O]	Hazel Nut	285 mg
[P]	Almond	296 mg
[Q]	Sesame	351 mg
[R]	Dried Squash Seeds	535 mg
[S]	Bran	611 mg

Quoted from Encyclopedia of Foods and Their Healing Power; Volume 1; page 400
– George D. Pamplona-Roger, M.D.

Additional things to include in the plan come from God's Laws of Health:

<http://books.google.com/books?id=a28SpthBVV8C&printsec=frontcover#v=onepage&q&f=false>

G.O.D.'S. P.L.A.N.

- [1] God's Sunshine [excellent way to get Vitamin D, and other cleansing factors of the sunshine]
- [2] Open Air [Clean Fresh Air, away from cities, dairy's etc]
- [3] Daily Exercise [aerobic and anerobic, including **stretching** for stiff muscles, and **massage** therapy to increase circulation of blood, and **hydrotherapy** also, even Swimming, just begin with 10-15 minutes and work up to 30 minutes]
- [4] Simple Trust in God [**Faith**, believe in the Great Physician, Jesus Christ, to heal you, if you follow His instruction, along with all **Prayer** and **Supplication**]
- [5] Proper Rest [go to bed consistently at or before 10 PM, it affects brain chemicals and regeneration, 7-9hrs of proper restful sleep, and this will also include **Fasting**, from not merely foods, but also things which we have a hard time letting go of, Television, Internet, etc]
- [6] Lots of Water [Pure Water, non-chlorinated, non-flouridated water, non-mineral, etc, internally [**Orally**, or if necessary **Colonically**] and also external uses [**Hydrotherapy**]]

[A] Uses of Water, by John H. Kellog - <http://books.google.com/books?>

[id=OsBTdN3AeBoC&printsec=frontcover&hl=pl&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false](http://books.google.com/books?id=OsBTdN3AeBoC&printsec=frontcover&hl=pl&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false)

[B] Rational Hydrotherapy: A Manual of the Physiological and Therapeutic Effects of Hydriatic Procedures, and the Technique of Their Application in the Treatment of Disease, by John H. Kellog - http://books.google.com/books?id=Tg4SAAAAYAAJ&printsec=frontcover&source=gbs_ge_summary_r&cad=0#v=onepage&q&f=false

[7] Always Temperate [Temperance is not mere moderation, for temperance includes things never to eat/drink]

[8] Nutrition [get a juicer and juice organic non-GMO fruits and vegetables, generally separately, except in certain instances]

Beloved, I wish above all things that thou mayest prosper and be in health, even as thy soul prospereth. 3 John 1:2

And said, If thou wilt diligently hearken to the voice of the LORD thy God, and wilt do that which is right in his sight, and wilt give ear to his commandments, and keep all his statutes, I will put none of these diseases upon thee, which I have brought upon the Egyptians: for I *am* the LORD that healeth thee. Exodus 15:26